

Command Career Counselors Worksheet

1. Purpose. The purpose of this worksheet serves as a guide to Assist Command Career Counselor's in properly pre-screening applicants. All applicants must meet the minimum requirements prior to the command recommending applicants for the SEAL/SWCC programs.

2. Service record. Review the applicant's service record to ensure the applicant meets or exceeds the minimum requirements IAW MILPERSMAN 1220-120.

3. Medical record review: Applicant must have a current five year physical and be in good health before requesting the Physical Screening Test (PST).

- a. No color blindness (No Waivers)
- b. Uncorrected vision: visual acuity cannot be greater than 20/70 in one eye and 20/100 in the other
- c. All Medical waivers must be pre-approved by BUMED and included with the applicants' package.

4. Fitness evaluation: Command Physical Readiness Test (PRT) history should be used to evaluate the applicant's historical physical readiness before recommending an applicant for SEAL/SWCC programs.

5. Career Counselors interview: The interviewer should cover the following subjects:

- a) Discuss with the applicant any financial, marital, or other hardships that may impede their ability to concentrate on and complete the training.
- b) Stress with the applicant the importance to participate in a regular physical training regiment.
- c) Confirm the applicant's motivation for entry into the program. Honor, Courage and Commitment are the cornerstone of the Naval Special Warfare Community and the United States Navy.

6. PST Request:

A. The Career Counselor worksheet must be faxed to the PST Coordinator (619)437-2873 for processing.

B. After the Worksheet is processed the applicant may request the PST online.
http://www.seal.navy.mil/seal/pst_request.asp

b. The run/swim times and push-up/sit-up/pull-up standards are minimum standards only. Maximum effort is required for all exercises and will be reported on the physical fitness screening test form submitted with your application.

I. SEAL PST

500-yard swim using breast and/or sidestroke in under 12 minutes and 30 seconds
10-minute rest

Perform a minimum of 42 push-ups in 2 minutes
2-minute rest

Perform a minimum of 50 sit-ups in 2 minutes
2-minute rest

Perform a minimum of 6 pull-ups (no time limit)
10-minute rest

Run 1 ½ miles wearing boots and long pants in under 11 minutes and 30 seconds.

II. SWCC PST

500-yard swim using breast and/or sidestroke in under 13 minutes.
10-minute rest

Perform a minimum of 42 push-ups in 2 minutes
2-minute rest

Perform a minimum of 50 sit-ups in 2 minutes
2-minute rest

Perform a minimum of 6 pull-ups (no time limit)

10-minute rest

Run 1 ½ miles in running shoes and shorts 12 minutes and 30 seconds.